

Students Taking Charge in Kentucky

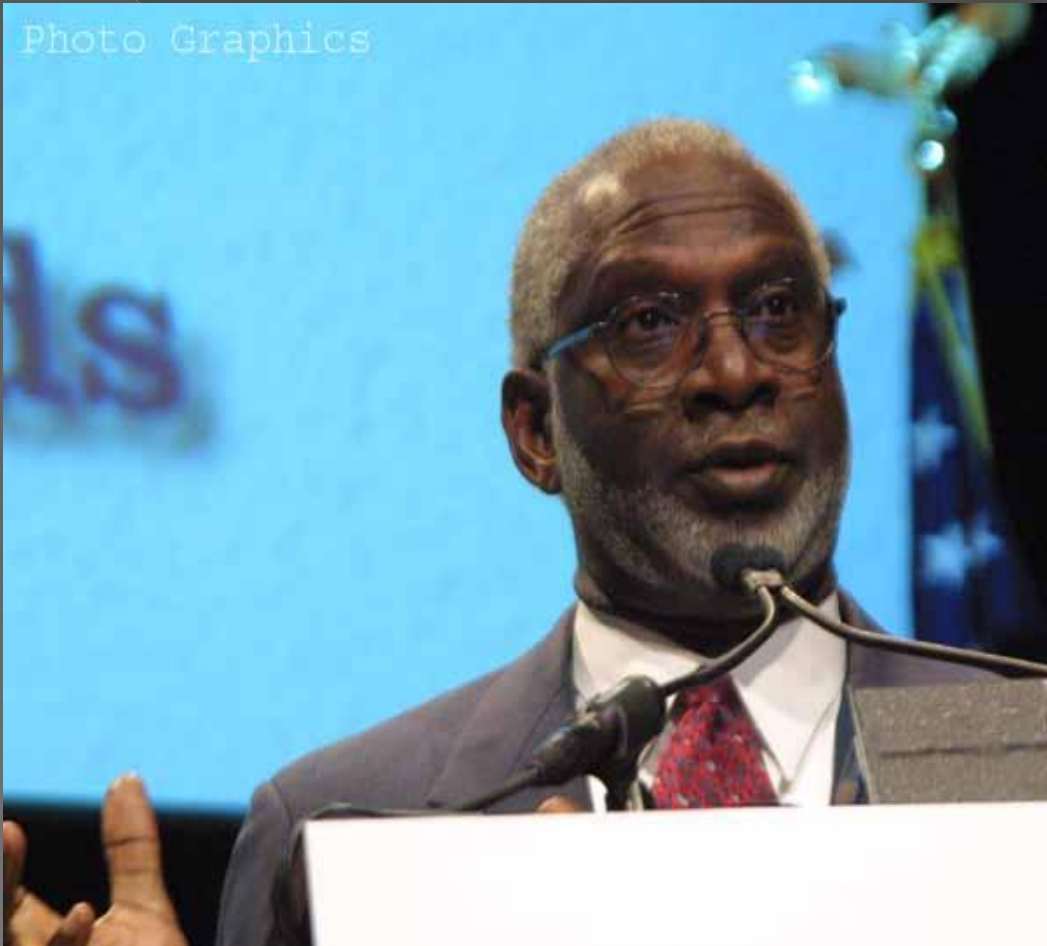
Empowering Youth to Make Physical
Activity, Nutritional & Tobacco
Environmental and Policy Changes
in their Schools

January 9, 2012 Conference Call

Agenda for the Call

- About the Students Taking Charge (STC) Collaborative
- STC
 - > Action for Healthy Kid's Development & Success
 - > Kentucky STC
 - > Facilitator's Guide
 - > Surveys
 - > Action Plan
 - > Mini-grant Funds
 - > Timeline
- Questions & Answers

Photo Graphics



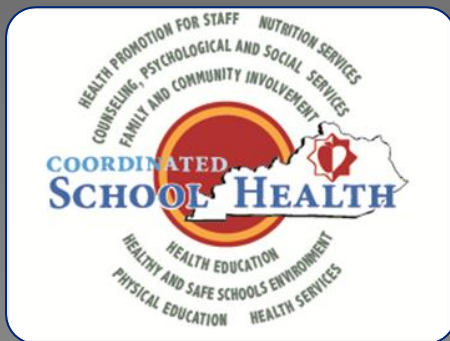
Progress or Promises? What's Working for and against Healthy Schools

If we fail to act, we endanger the future well-being of America's youth, and, I dare say, of America itself. Our children deserve healthier learning environments—schools that promote lifelong habits of healthful eating and active lifestyles.

Former U.S. Surgeon General David Satcher in 2002. Founded Action for Healthy Kids

Who We Are

- ◉ Action for Healthy Kids
- ◉ Kentucky Action for Healthy Kids
- ◉ Kentucky Coordinated School Health
- ◉ Kentucky Tobacco Prevention & Cessation Program
- ◉ Alliance for a Healthier Generation



What is Students Taking Charge (STC)?

- *Students Taking Charge* (STC) is a national program for high school students to learn, join and take action to make their schools healthier places and to help themselves and their peers learn to eat right and be active every day.

STUDENTS TAKING CHARGE

How did Students Taking Charge Begin & Keys to Success?

Action for Healthy Kids

<http://www.actionforhealthykids.org/>

Focus on policy & environmental change

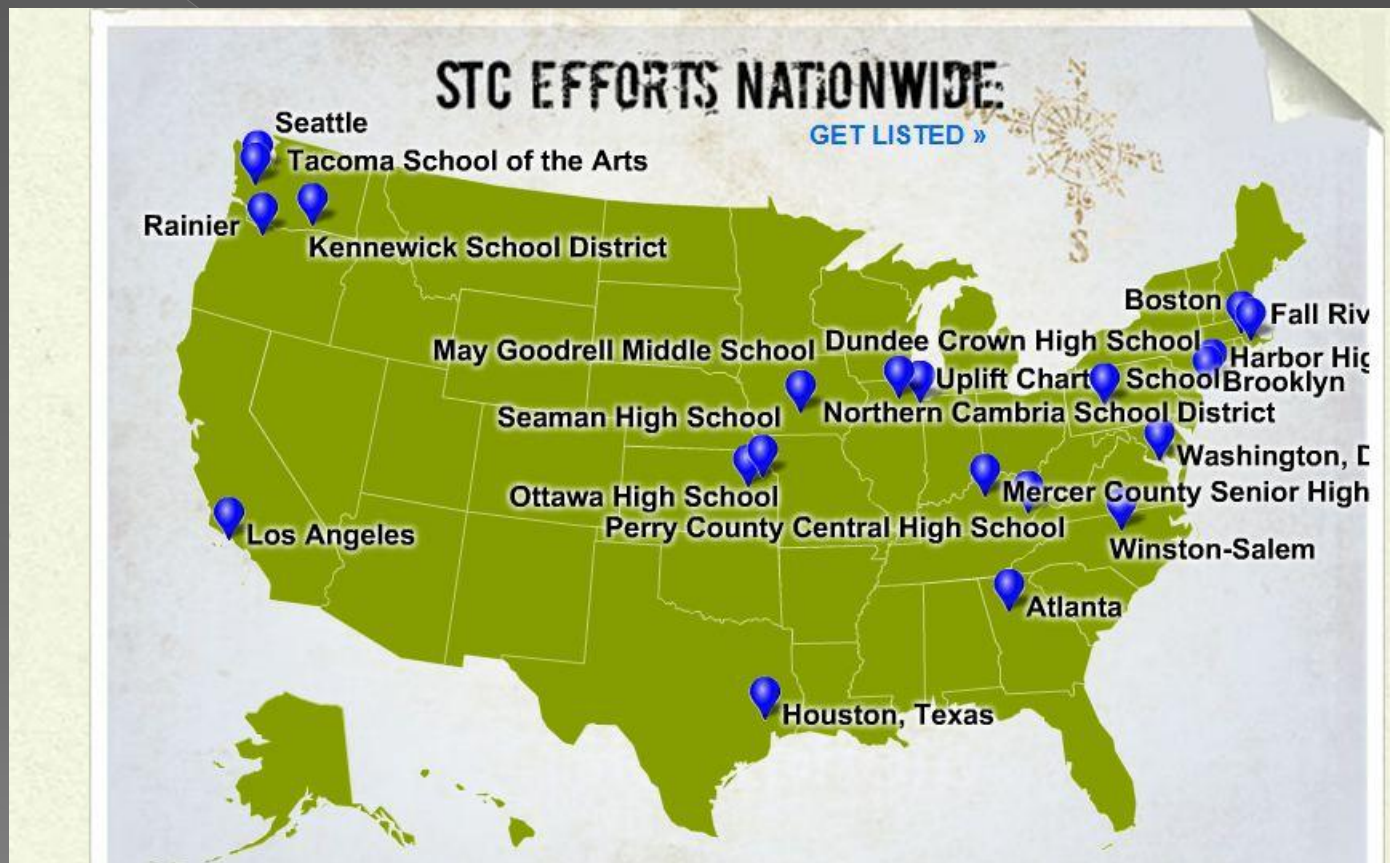
- ✓ Improve children's eating habits
- ✓ Increase children's physical activity
- ✓ Educate the public about the connection between health and achievement

AND in Kentucky we are a demonstration site for tobacco prevention for policy & environmental change

How did Students Taking Charge Begin & Keys to Success?

- ❖ Over six years of program success
- ❖ Youth involvement in program development from the beginning
- ❖ Real high schools and real student success stories

Students Taking Charge Website



<http://www.studentstakingcharge.org/>

The Faces of Students Taking Charge in Kentucky



Harrodsburg Area Technology Center

Students working with tomatoes
grown for the high school



Mercer Co HS

Photo in the local newspaper

Students Taking Charge in Kentucky

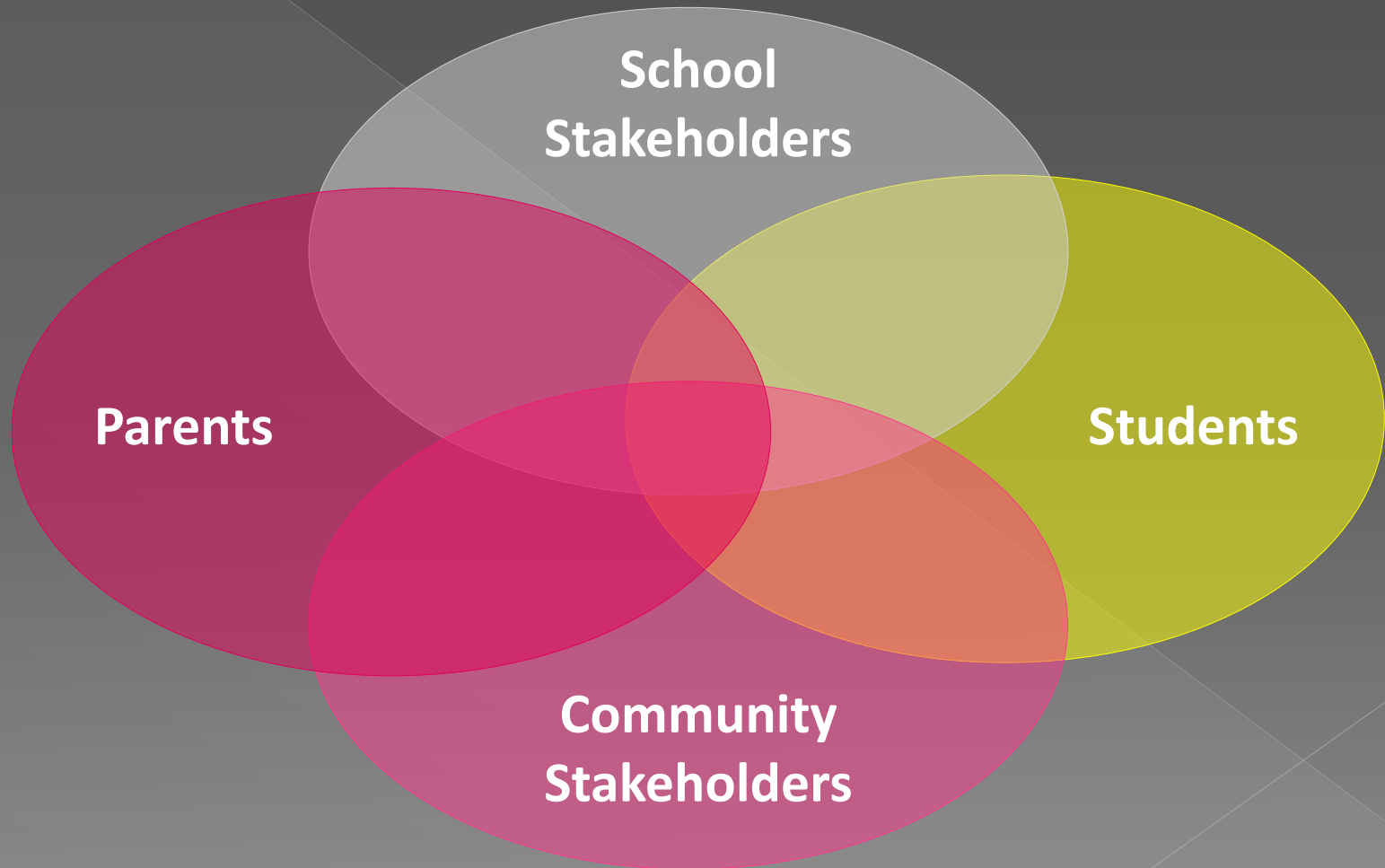


Mercer County HOSA

What are the benefits to schools?

- ◉ Develops young leaders
 - > Youth development skills
 - > Community service hours
 - > Increases student support for healthy changes
- ◉ Increases student support for healthy changes
- ◉ Encourages students to be partners in creating a healthy school
- ◉ Healthy students learn better!

Family-School-Community Partnerships



Who is the audience for Students Taking Charge?

● HIGH SCHOOL STUDENTS

- > Student leaders, for example in:
 - HOSA
 - FBLA
 - SADD
 - FCCLA
 - UNITE
 - Beta Club
 - Student Government Association
 - And YOUR HIGH SCHOOL ORGANIZATION!

Facilitator's Guide

Four Modules

- ◉ Find Your Voice – beginning page 9
- ◉ Investigate Your School – beginning page 35
- ◉ Plan for Improvement – beginning page 63
- ◉ Mobilize for Change – beginning page 101

STC Survey's Kentuckized!

- ◉ 3 minute Student Survey
- ◉ 3 minute Parent Survey
- ◉ Preview to the School Health Index Survey
- ◉ All are administered via common methodology from school to school across the state

[http://chfs.ky.gov/dph/mch/cfhi/Coordinate
d%20School%20Health.htm](http://chfs.ky.gov/dph/mch/cfhi/Coordinate%20School%20Health.htm)

Wayne Co ATC HOSA Club



Wayne Co HS Cafeteria Transformed



3 Minute Student Survey

✓ Survey a minimum of 2 general type classes for each grade. (9, 10, 11 & 12)

✓ Tally the surveys and place totals on the tally sheet document

✓ Note: Tally sheet due on or before February 17th

Students Taking Charge 3 Minute Student Survey

Students, we want your opinion! We want to make our school a place where it is easy to be healthy and we need your help. Take a few minutes to tell us what you think about healthy eating and physical activity at school. This is an anonymous survey so no one will know how you answered the questions.

About You

1. Gender:

2. Grade: 9th 10th 11th 12th

Hot Topics

3. Does your school have a local wellness policy? (A local wellness policy generally sets goals for nutrition education, physical activity, and other school-based activities to promote student wellness)

YES NO DON'T KNOW

4. Does your school promote a healthy school environment? (Healthy school environment generally means the physical and visual surroundings and the mental and social climate and culture of the school.)

YES NO DON'T KNOW

5. My school provides opportunities for students to speak up about school health issues.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

6. A healthy environment for students, teachers, and staff is a priority at my school.

No, definitely not | No, not really | Yes, sort of | Yes, definitely | Not sure

3 Minute Parent Survey

- ✓ Look to survey about 50 parents
- ✓ Tally the surveys and place totals on the tally sheet document
- ✓ Note: Tally sheet due on or before February 17th

Students Taking Charge 3 Minute Parent Survey

Parents, we want your opinion! We want to make our school a place where it is easy to be healthy, and we need your help. Take a few minutes to tell us what you think about healthy eating and physical activity at your student's school. This is an anonymous survey so no one will know how you answered the questions.

About You

1. What is your relationship to the student (mother, father, etc.)? _____

2. What grade is your student in: 9th 10th 11th 12th
(If you have multiple children at the school, please circle all that apply.)

14. Should school districts implement a 100% Tobacco-Free Policy? (see policy below)

YES NO

15. Should schools provide classes that teach students about the dangers of tobacco use?

YES NO

16. Should schools provide resources or classes for students who want to quit smoking?

YES NO

Thanks for telling us what you think!

What is a 100% Tobacco-Free School Policy?

A 100% Tobacco-Free School policy prohibits tobacco use by staff, students and visitors twenty-four hours a day, seven days a week, inside Board-owned buildings or vehicles, on school owned property, and during school-related student trips

Mini School Health Index

✓ Consider dividing up the sections of this survey among the members of your club – makes it easier & more members involved!

✓ Tally the surveys and place totals on the tally sheet document

✓ Note: Tally sheet due on or before February 17th

The Yes or No Here We Go Survey:

A Preview to the School Health Index for Students Taking Charge groups

Here are some questions about your school's wellness environment to get you thinking about topics that you and your Students Taking Charge group can explore with the School Health Index. Complete the survey and turn it into the person in your Students Taking Charge group who is responsible for adding up the results.

Physical Education and Other Physical Activity Programs

- Does your school offer students opportunities for daily physical education? ☐ Yes ☐ No
- Does your school offer daily physical activity opportunities for all students? ☐ Yes ☐ No
- Does your school provide the opportunity for students (both boys and girls) to participate in school-sponsored extracurricular physical activity programs (e.g., intramurals, physical activity clubs and competitive sports)? Please place a checkmark in the below areas that apply:

	Intramurals	Physical Activity Clubs	Competitive Sports
Girls			
Boys			

- Does your school use physical activity as punishment (e.g. extra laps for breaking a rule in gym class)? ☐ Yes ☐ No

Your Action Plan

- ✓ Complete & tally all the surveys
- ✓ Discuss your findings
- ✓ Review pages 92-96 of the STC Facilitator's Guide to assist you.
- ✓ Develop your action plan
- ✓ Note: Due on or before February 17th

Students Taking Charge!

Action Plan

High School: _____

High School Organization: _____

(Sample Action Plan can be found on page 96 of the *Students Taking Charge!* Facilitator Guide)

(You may submit multiple action plans if your school chooses to pursue multiple improvement activities.)

Action: _____

What it Looks Like in Our School	What Tasks Need to be Done?	Who Will Do Them?	When?

How to Receive the Mini-grant Funds

1. Complete & submit the 3 survey tally sheets & your action plan
2. Complete the **HIGHLIGHTED** portion of the funding form
 - Put the appropriate name and address for the check to be written and mailed. (Will it go to the Board of Education or to the school for the high school organization's use?)

Due on or before February 17th

Submit all 5 items in one email to: victoria.greenwell@ky.gov
(3 survey tally sheets, action plan & funding form)

Example of the Funding Form



FAX REQUESTS TO SELENA
312.212.0098
E-MAIL REQUESTS TO
accounting@actionforhealthykids.org

TO: ACTION FOR HEALTHY KIDS
600 West Van Buren Blvd, Suite 720
Chicago, IL 60607

Submitted by: _____ Team: _____ Date Submitted: _____

Team Position/Title: _____ Phone: _____

TYPE OF REQUEST (check one): ☐ Direct payment to third party
☐ Cash Advance payment

AMOUNT: \$ _____

Source of Funds [i.e. Team Grant (specify which grant), State Funds, etc]: _____

Describe what this request is for: _____

Supporting Documentation Included (i.e. receipts, contracts, invoices, award letters): _____

Check Payable to:

Name: _____

(who check needs to be written to: your board of education or school)

Attn: _____

(adult sponsor)

High School Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____

Timeline

Now to February – Review Facilitator's Guide, distribute surveys, discuss results of surveys, discuss what to put in your action plan and develop action plan

February 17th (on or before) – Submit the 3 survey tally forms, action plan & funding form submitted to victoria.greenwell@ky.gov

February 17th and after – implement your action plan

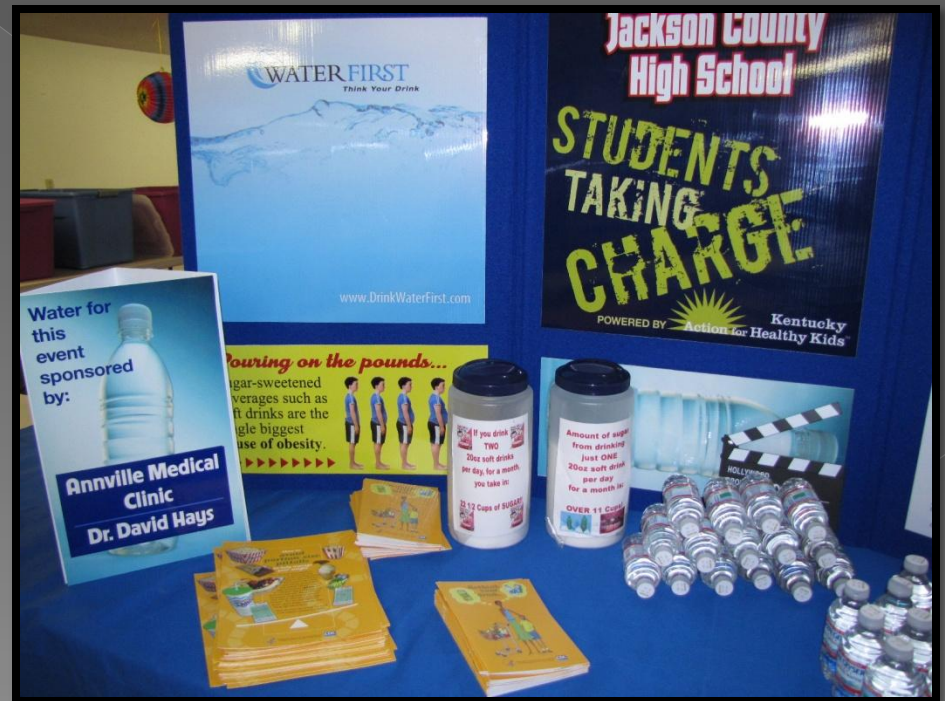
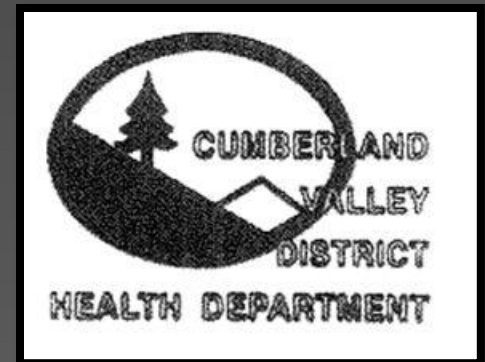
May 21st (on or before) – Final project report submitted (update on action plan and successes) submitted to victoria.greenwell@ky.gov

Perry Co Central HS STC PA Club



Students & their Principal worked up to & participated in a local 5K!

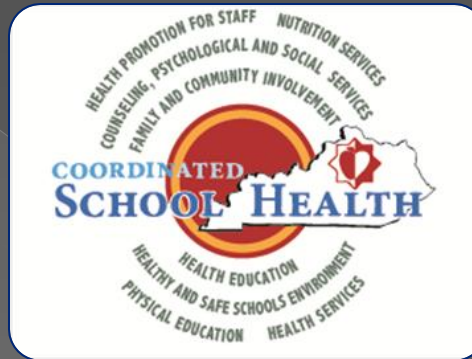
Jackson County HS STC



Jackson County HS STC



Students Taking Charge Teen Health Summit



College of Health &
Human Services



High School Students Comment on Teen Health Summit

WBKO, an ABC - affiliated, Bowling Green TV station covered the STC Summit

Students from around the Commonwealth gathered on Western Kentucky University's campus to learn more about health.

The program is called "Students Taking Charge."

It's designed to teach teens about drinking water instead of carbonated soft drinks, creating healthy snacks, and farm-to-school initiatives.

Two of the teens from Jackson County High School say they have something to share with their classmates.

"Different opportunities and things you can do and choices to help your school and different programs you can help make better choices for your students and teachers of your community," said Kelsey Nicholson.

"I feel like I am learning some awesome changes that I think we can implement in our school to improve our overall health," said Jordan Hays.

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THANK YOU!

Questions?